



My Pregnancy Record

At many clinic visits, the same information is checked. This is done to compare with your last visit. Often, your weight, blood pressure, the baby's growth, and laboratory and blood specimens are checked. You may want to record some of these as your pregnancy goes along.

Date of visit _____ Weight _____ Fetal heart tones _____
Labs, blood pressure _____ Fundal height * _____
Other checks this visit _____
Your thoughts or questions _____

Your care provider's comments _____

Date of visit _____ Weight _____ Fetal heart tones _____
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* Fundal height is the measurement of your abdomen to see how big the baby is; it is done in the last four and a half months of your pregnancy.

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Questions ?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

Labor and Delivery
206-598-4616

Postpartum
206-598-5600

**Maternity and Infant
Care Clinic**
206-598-4070

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UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternity and Infant Center

Box 356078

1959 N.E. Pacific St. Seattle, WA 98195
206-598-5600

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